



Michigan Faith Based Health Association Update

Greetings Members!

Welcome to the first edition of the Michigan Faith Based Health Association Monthly e-newsletter. Updates will be sent out monthly to keep you informed about events, initiatives and funding opportunities being made available to members. We hope that you will find the information enclosed useful and relevant to you and your organization. Please feel free to pass this on to others who may be interested!

What's New...

MFBHA Database

To foster information and resource sharing, networking and collaboration, we provide a directory of member names and contact information for use by all our members. There are two ways to search for other members: by city and by expertise. We hope this database serves as a means for members to start brainstorming on ways to work with one another. We continually update our member database and will publish updated directories several times a year.

Promoting Healthy Congregations Assessment

Just a reminder that the PHC is still available for churches to complete! The PHC has been developed for the faith community to 1) Provide a planning and action tool to identify and address healthy eating, physical activity, and smoking behaviors and 2) Improve individual behaviors through changes and reinforcement in the faith community. To complete the assessment (at no cost!) please visit www.mihealthtools.org/faith

Mini Market Regional Trainings

Has the lack of availability of fresh fruits and vegetables in your community been a concern to your organization? Are you interested in providing fresh produce to members of your congregation/community at an affordable cost? The Michigan Public Health Institute will be providing trainings on how to plan and create fruit and vegetable mini markets in your church. Be on the look out for dates of this free one day seminar in your region.

Web Discussion Board

As an ongoing effort to connect members to one another, the Michigan Faith Based Health Association will be launching an interactive discussion board. On this board members can post questions, events, or general comments regarding health issues in the faith community. Other members can respond in real time, providing opportunities for members throughout the state to communicate.

Power To End Stroke

Power To End Stroke is a new movement focused on educating African

Americans about the risk of stroke, how to reduce risk, and how to recognize the warning signs of a stroke. The Power To End Stroke campaign is designed to be culturally appropriate and to encourage leaders within African American communities to become "Ambassadors" who will spread the life-saving messages of the movement.



You have the opportunity to use the Power To End Stroke campaign to encourage life-saving changes in your community. Sign up as an Ambassador for the campaign and you will receive the educational materials you need to implement programs and events within your community. All Ambassadors receive a wonderful toolkit which contains a sample presentation, sample materials, a Power To End Stroke lapel pin, and a DVD which conveys the passion of the campaign. To become a Power To End Stroke Ambassador, contact Sarah Poole at the American Heart Association. 616-285-1888 or sarah.poole@heart.org

Power To End Stroke – Coming to a town near you!

Several Power To End Stroke events are being planned across the state. Mark your calendars now and plan to attend and watch for announcements about other events.

Go Red for Your Heart & Soul

Empowering Women to Live Longer, Stronger Lives

Saturday, January 27, 2007 – 8:30am – 2:45pm

St. Mary's of Michigan Health Education Center, Saginaw

Power To End Stroke Ambassador Recruitment Reception

Thursday, April 5, 2007 - 5:30-8:30pm

Southfield Westin, Southfield

For more information on any of these events, contact Amy Figot at 1-248-827-4214 for info on activities near you.

Wear Red Sunday



Wear Red Sunday event in recognition of Heart Month and the Go Red for Women movement is coming February 6, 2007. If interested in receiving materials and participating in this campaign, please contact Sarah Poole at 616-285-1888 or sarah.poole@heart.org